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### **The Highly Sensitive Person**

If you find you are highly sensitive, or your child is, I'd like you to know the

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following: Your trait is normal. It is found in 15 to 20% of the population—too many to be a disorder, but not enough to be well understood by the majority of those around you.

### **The Highly Sensitive Person**

HSP, shorthand for "highly sensitive person," describes 15 to 20 percent of

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the population. Being sensitive is a normal trait--nothing defective about it. But you may not realize that, because society rewards the outgoing personality and treats shyness and sensitivity as something to be overcome.

**The Highly Sensitive Person: How to Thrive When the World ...**

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Highly Sensitive Person, or HSP, is a term coined by psychologist Elaine Aron in the 1990s. The concept has gained traction in the years since, particularly as more and more people began to...

## **Highly Sensitive Person | Psychology Today**

High sensitivity can be defined as acute

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physical, mental, and emotional responses to external (social, environmental) or internal (intra-personal) stimuli. A highly sensitive person may be an...

### **24 Signs of a Highly Sensitive Person | Psychology Today**

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get the best deals for The Highly Sensitive Person : How to Thrive When the World Overwhelms You by Elaine N. Aron (1997, Trade Paperback) at the best online prices at eBay! Free shipping for many products!

**The Highly Sensitive Person : How to Thrive When the World ...**

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The meaning of a highly sensitive person is someone that feels things more deeply than others and is often more emotionally reactive to certain situations. Other characteristics of highly touchy ...

### **Highly Sensitive Person: The 5 Most Sensitive Zodiac Signs**

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The definition of a highly sensitive person is someone who experiences acute physical, mental, or emotional responses to stimuli. This can include external stimuli, like your surroundings and the people you're with, or internal stimuli, like your own thoughts, emotions and realizations.

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## **What Is a Highly Sensitive Person? (A Relatable Guide ...**

A highly sensitive person (HSP) experiences the world differently than others. Due to a biological difference that they're born with, highly sensitive people are more aware of subtleties and process information deeply.

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## **21 Signs That You're a Highly Sensitive Person (HSP)**

The description 'Highly Sensitive Person' was first used by Aron, when she defined this trait and suggested that some of us really are particularly sensitive, and not just "oversensitive", "wet", "irritating", "can't take criticism", and, importantly, that this trait can bring some very

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important advantages and benefits.

### **Am I a highly sensitive person? Six ways to make the most ...**

High sensitivity is actually fairly common, found in 15 to 20 percent of the population, according to Dr. Elaine N. Aron, author of the book, The Highly Sensitive Person. Both introverts and

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extroverts can be sensitive.

## **12 Things a Highly Sensitive Person Needs - IntrovertDear.com**

A highly sensitive person (HSP) is a term for those who are thought to have an increased or deeper central nervous system sensitivity to physical, emotional, or social stimuli. 1 Some

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refer to this as having sensory processing sensitivity, or SPS for short.

## **What Is a Highly Sensitive Person (HSP)? - Verywell Mind**

The Highly Sensitive Person Highly Sensitive People, or HSP is a term coined by Dr. Elaine N. Aron back in the 1990's. Her research on highly sensitive people



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has provided a plethora of information...

### **Loving the Highly Sensitive Person - The Good Men Project**

If your answers are yes, you may be a Highly Sensitive Person (HSP). Most of us feel overstimulated every once in a while, but for the HSP, it's a way of life.

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### **The Highly Sensitive Person: How to Thrive When the World ...**

Elaine N. Aron, Ph.D., author of *The Highly Sensitive Person*, is considered the pioneer of identifying HSPs; she began researching high sensitivity decades ago, in 1991. She found that certain traits are more common among HSPs, from being easily overwhelmed by

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strong sensory input to being more sensitive to pain.

## **13 Signs You're a Highly Sensitive Man | Introvert, Dear**

Julie Bjelland is the founder of Sensitive Empowerment. As a sensitivity expert and psychotherapist, her HSP podcast, books, online courses, and Sensitive

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Empowerment Community have helped thousands of highly sensitive people worldwide reduce their challenges, access and share their gifts, and discover their significant value to thrive to their fullest potential.

**The Highly Sensitive Person w/ Julie Bjelland on The ...**

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Highly sensitive people (also known as HSPs) feel the world deeply. They are born with a nervous system wired to be super-attuned and responsive. If you are a highly sensitive person, self-care is ...

### **Why Self-Care Is Challenging For Highly Sensitive People ...**

A human with a particularly high

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measure of SPS is considered to have 'hypersensitivity', or be a highly sensitive person (HSP). The terms SPS and HSP were coined in the mid-1990s by psychologists Elaine Aron and her husband Arthur Aron, who developed the Highly Sensitive Person Scale (HSPS) questionnaire by which SPS is measured.

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## **Sensory processing sensitivity - Wikipedia**

The Highly Sensitive Person in Love gives relationships their proper basis in the inner life, and honors those who are by nature drawn to that life. This wonderful and important book will help the highly sensitive find peace and fulfillment in their relationships.?

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--Robert Johnson, Doc.Hum., author of Inner Work and Balancing Heaven and Earth

## **The Highly Sensitive Person in Love: Understanding and ...**

A highly sensitive person (HSP) is anyone who is easily overwhelmed by everyday stimuli like bright lights, strong



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smells, loud sounds and scratchy fabrics. These people tend to recharge with quiet alone time rather than socialization.

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